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AN APPRECIATION

DEAR EDITOR: I was recently appointed Principal of this Training School and am very much interested in the Alumnae as well as in the work of the School. I found at the last meeting that very few of our nurses were subscribing for the JOURNAL. I urged them, each and every one to subscribe for same, making clear to them the great use of the JOURNAL in keeping them informed of nursing affairs. As a result they responded splendidly and I hope, within a very short time, to send you another list with many more names. Personally, I have enjoyed the JOURNAL for a number of years and I can't see how I could ever be without it.

Massachusetts

E. M. G.

APPRECIATION FROM A MARRIED NURSE

DEAR EDITOR: I received the JOURNAL from my graduation in 1915 until one year ago, when I was married. I find, without it, one loses all knowledge of new nursing methods and in fact becomes very rusty in general. Enclosed please find check for renewal of subscription.

Texas

MRS. W. G.

PROS AND CONS OF A SMALL HOSPITAL

DEAR EDITOR: By training in a *small hospital* the student has both advantages and disadvantages. She is taught some of the duties that would be otherwise performed by an interne or other individual. Among them are: Urine analysis, blood pressure, coagulation and haemoglobin tests, all of which are highly important as well as interesting. Great care must be exercised in obtaining any of these, as each helps to point toward a diagnosis and also indicates the patient's condition for an anesthetic. We also know that great care must be used in securing a specimen of urine for examination, being sure it was voided by the patient, and, if in a bottle, that the bottle was absolutely clean. To illustrate,—when handed a specimen of urine in a bottle I analysed it and found sugar, reported same to the doctor, who informed the patient of it, instructed her in her diet, handed her a prescription, and advised bringing another specimen the next morning. The patient did so and no sugar was revealed. After questioning the patient, it was found chloroform had been in the bottle containing the specimen revealing sugar. How happy the patient was to find it was only her mistake and that she could be on a free diet again! It was not her mistake; it was mine. She knew no better and I should have questioned her before making the test. The nurse is taught and drilled in economy. Economy being an important factor in the existence of small hospitals, economy of time and effort counting as much as economy of materials, helps to make the nurse valuable. Economy of time does not only mean—"Do not waste time," but "Do your work systematically." Economy of effort also means—"Use system." By so doing steps are saved as well as time. This means to have all materials in the most convenient place and placed in the most convenient manner for the purpose for which they are intended. Economy of materials is another important point. I believe one of the most wasted articles is adhesive plaster. A small piece of adhesive plaster employed unnecessarily or extravagantly for this and that soon counts up in yards. Many times in dressing a wound a narrower piece of adhesive plaster would serve the purpose just as well and would make a much neater dressing. Nurses often use it for labeling bottles. This indicates a bit of carelessness, as a neat label cannot be made from adhesive plaster. Chart paper and safety pins are also greatly wasted along with many other articles, so if economy is impressed

on the nurses and employees much will be saved. The smaller hospitals are not usually as well equipped or do not have the facilities of the larger hospital, but the nurse comes in closer contact with her patient. She soon learns to study the disposition of each patient, which is highly essential in order to know the tact to be used with that patient, for all nurses know nothing better can be done for many patients than the right tact at the right time. Of course the quality of the superintendent counts for much as well as the interest taken by the medical staff. The pupil nurses receive individual attention from the superintendent and medical staff and therefore are helped individually in their training. The disposition of the nurse is the most important factor. A nurse who is eager to learn does not stand back and depend entirely on the teacher. She will be a good nurse whether trained in a small or large hospital.

Zanesville, Ohio

A. L. C.

JOURNALS WANTED

DEAR EDITOR: Russia is passing through the most critical period of her history. It is a question of the life of millions, of a whole generation. Famine and epidemics are depopulating Russia, carrying off thousands of victims. The scourges of humanity,—tuberculosis and syphilis, are developing there terribly. The health of the nation is deteriorating, its strength being exhausted and moral and physical equilibrium suffering. We do not doubt for an instant the revival of the Russian people, but we see all the difficulties and understand perfectly at what a price they must recover moral and physical health. You know, dear madam, what an important part the Russian self governments (*Zemstvos*,—in rural districts and Municipalities in town) have taken before the civil war in the question of preservation of the public health. These were the organizations which bore in fact all the burden of medical service, destined to preserve public health, the care of the sick, the struggle against the epidemics, tuberculosis, etc. They created all the best system of medical service of which the most precious trait was that all questions of social hygiene and public health were never treated as philanthropic questions, but as an imperative social state duty. The Russian *Zemstvos* and Towns Relief Committee, which actually works in foreign countries now, and undertakes the most important questions of the reconstruction of Russia and their medical service has already begun studying the means by which the public health in Russia could be reestablished and indispensable medical and sanitary organizations renewed. We do not know yet when the time will come that social and public work in Russia will be possible and free. But we consider our preparatory work as quite indispensable and urgent. It is already too long since that Russia has been separated from all the new conquests of science and deprived of all the experience of civilized peoples. We need at the present moment to obtain the newest materials relating to public health, combating tuberculosis, etc. We appeal to you, begging you to help us in this work for Russia; kindly send us gratis your periodical, THE AMERICAN JOURNAL OF NURSING, for the year 1921, and if possible, 1920.

5-ter Rue du Dome,

Paris, 16, France.

DR. N. DOLGOPOLOFF,

*Care of Medical Service of Russian
Zemstvos and Towns Relief Committee.*

Will some subscriber who is interested in Russia's appalling situation provide the back numbers of the JOURNAL requested, and also notify the JOURNAL office? Forthcoming numbers will be furnished from this office.—*The Editor.*

Fifty cents apiece will be paid for twelve copies of the JOURNAL for September, 1915 (Vol. 15, No. 12). Address Miss Georgia Schuyler, 570 Park Avenue, New York.